Paralympic Winter Games led the United States to a sweep in the men's snowboard cross event and to earn himself the first gold medal in the games.

I congratulate Evan on his remarkable achievements. You make California and our Nation extremely proud.

NATIONAL ASSOCIATION OF LETTER CARRIERS

(Mrs. BEATTY asked and was given permission to address the House for 1 minute.)

Mrs. BEATTY. Mr. Speaker, today, the National Association of Letter Carriers Buckeye Branch 78 arrived in Washington for its national conference. I rise to honor these dedicated postal workers and thank them for the great service that they provide, bringing news during tragedy and triumph.

America's letter carriers have a long history of delivering the mail for well over 200 years. Their tireless commitment helps ensure the timely delivery of prescriptions, paychecks, Social Security checks, and other communications to countless Americans and keeps the stream of commerce flowing.

In light of the fiscal challenges faced by the United States Postal Service, a number of postal workers have been presented that they could potentially be downgraded; thus we would downgrade Postal Services, hurt postal workers, and shutter post offices.

As we continue these debates on this House floor, I wish to reassure the National Association of Letter Carriers Buckeye Branch 78 that they have an ally in me.

REPEAL OBAMACARE

(Ms. FOXX asked and was given permission to address the House for 1 minute.)

Ms. FOXX. Mr. Speaker, yesterday, the Supreme Court heard arguments in the Hobby Lobby case. This business is simply asking that owners' rights under the Religious Freedom Restoration Act are respected.

In an ironic bit of timing, the administration just effectively waived the March 31 deadline for signing up for an ObamaCare plan.

Despite President Obama's continuous extra-legal rewriting of his health care law, he remains unwilling to accommodate religious businessowners who are providing health care coverage for employees.

Yesterday also brought a news report from North Carolina of 200 substitute teachers having their hours cut in order to comply with ObamaCare mandates. The teachers' plight is not unique

As Republicans noted during the original debate over this law, putting the government in charge of 1/7th of the economy is a recipe for disaster.

We need to repeal ObamaCare and enact health reform that empowers patients, not bureaucrats.

AFFORDABLE CARE ACT DEADLINE

(Mr. PAYNE asked and was given permission to address the House for 1 minute.)

Mr. PAYNE. Mr. Speaker, with the deadline to sign up for the Affordable Care Act approaching, I want to encourage everyone, especially young people and people in my district, to sign up for health insurance.

For those who think the process is too cumbersome or you won't get an affordable rate, listen to this story from a 29-year-old woman from New Jersey, Fawziah Qadir. She said: My employer agreed to provide \$300 a month towards any health plan I could find

Unfortunately, trying to find an affordable insurance plan on her own in New Jersey where she lives, she said, was insane. One quote was over \$700; others provided flimsy coverage.

Full of frustration, Fawziah's mother told her about the health care insurance marketplace. She says that when she logged onto healthcare.gov, she was surprised to find out how easy it was to enroll.

With her employer's contribution, she has a comprehensive plan that costs just \$63 a month. That is less than a cell phone bill or a cable bill, and we are talking about something much more important—our Nation's health.

Don't wait. Go to healthcare.gov and find a plan that works for you.

RUSSIAN VIOLATION OF THE INTERMEDIATE NUCLEAR FORCES TREATY

(Mr. POE of Texas asked and was given permission to address the House for 1 minute and to revise and extend his remarks.)

Mr. POE of Texas. Mr. Speaker, the Napoleon of Siberia has launched cold war II. He seems to be on a mission to restore the Soviet empire. He invaded Georgia, then Ukraine. He seized Crimea. Putin's next target? Well, no one knows.

However, quietly, behind the scenes, Putin seems to be resurrecting a cold war nuclear program in violation of the 1987 INF Treaty with the United States.

Mr. Speaker, what good is a nuclear treaty if not all sides abide by it? Will Russia's cheating start a 21st century arms race?

Representatives MIKE ROGERS, JOE HECK, and I have introduced a resolution stating that the Russians have violated the treaty and there must be consequences. Russia cheats on treaties, invades other nations, and we basically watch and talk and say that just isn't nice.

The President said of treaties in 2009: "Rules must be binding. Violations must be punished. Words mean something."

However, as my grandfather used to say: "When all is said and done, more is said than done."

What are the consequences for Russian violation of the INF Treaty? We shall see.

And that's just the way it is.

WOMEN'S HISTORY MONTH

(Ms. KELLY of Illinois asked and was given permission to address the House for 1 minute.)

Ms. KELLY of Illinois. Mr. Speaker, 42 years ago, Congress passed the Equal Rights Amendment to guarantee equal rights for American women. Although we have made progress leveling the playing field, we still have a ways to go.

Women earn more advanced degrees and make up half of our national workforce, but the return on their educational investment doesn't come close to their male counterparts. Women still earn 77 cents to the dollar men earn and are working lower wage jobs in a time when their families are becoming more dependent on their salaries.

I am working to balance the inequities that disadvantage American women and, consequently, their families. I cosponsored House Joint Resolution 56, the constitutional proposal for an equal rights amendment, and I supported the Paycheck Fairness and Fair Minimum Wage Acts. These bills are good for working women and good for their families.

Today, I urge my colleagues to stand up for the many unemployed women and impacted families in their districts by passing an unemployment insurance extension immediately.

Let's honor Women's History Month by supporting fair wages for all, promoting equal treatment under our laws, and by supporting vulnerable women by extending safety net benefits like unemployment insurance.

CONGRATULATING SLIPPERY ROCK UNIVERSITY ON ITS 125TH ANNIVERSARY

(Mr. KELLY of Pennsylvania asked and was given permission to address the House for 1 minute.)

Mr. KELLY of Pennsylvania. Mr. Speaker, I rise today to congratulate Slippery Rock University, which is celebrating its 125th anniversary this year.

In 1887, the citizens of Slippery Rock, Pennsylvania, saw the need for affordable and accessible higher education in their community. In less than 18 months, land was purchased from my good friend and colleague JIM GERLACH's family, to whom it had belonged for three generations.

On that land was soon established Slippery Rock State Normal School. It opened to 168 students on March 26, 1889, with its ultimate object to make the student an educator. It was purchased by the Commonwealth in 1926 and was granted university status in 1983.